



BTheOne to be there

If you think someone might be considering suicide or drugs, listen to their reasons for feeling hopeless and in pain.

Listen without judgement and with compassion and empathy.

Find out why these steps can save a life at BTheOne.org

If you are struggling, call:

Lifeline at 1-800-273-TALK (8255) or
24-Hour Crisis Center at 240-777-4000

